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# John Wayne Walk

## (Lateral Walk)



### Why Do This Exercise?

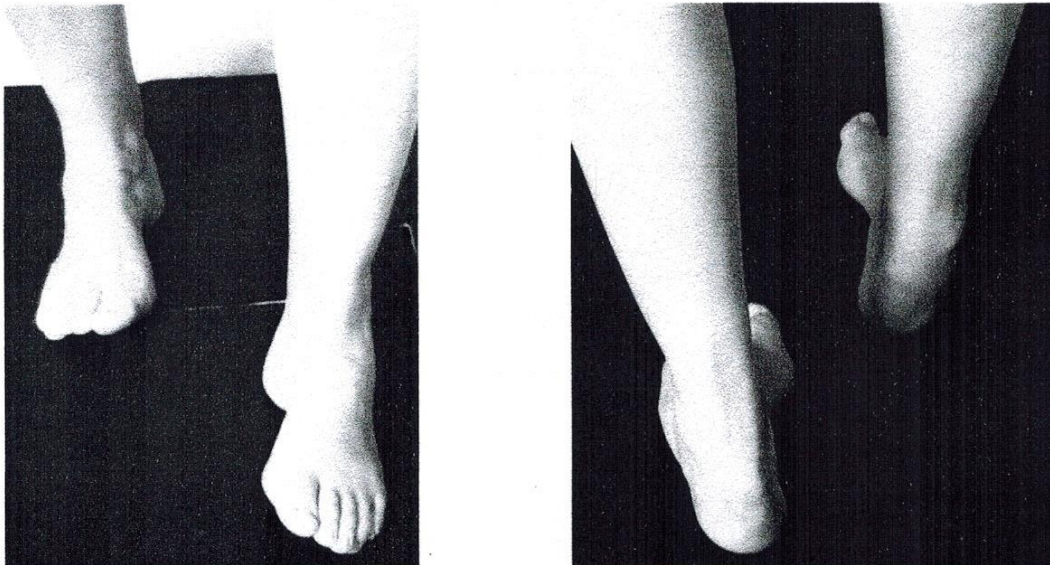
To become used to walking on the outside of your feet in order to change your current walking pattern.

### How To Do This Exercise?

1. Stand with your feet in a comfortable position and parallel.
2. Roll onto the outside of your feet so that your big toe is 2cm off the ground.
3. Bend your knees and sink your bottom towards the ground.
4. Straighten your torso so that you're upright.
5. In this position walk to the end of the room, making sure that your knees stay bent.

### How Often?

..... Minutes    1    2    3 times daily



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NOTE: Ensure that your knees are bent at all times.